

**State of Vermont**  
**Executive Department**  
**A Proclamation**

**WHEREAS,** all students, faculty and staff at Vermont colleges and universities are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions such as hypertension, cardiac disease, and diabetes; and

**WHEREAS,** all campus physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise, and to strongly recommend they engage in appropriate exercise; and

**WHEREAS,** regular, moderate-intensity exercise has protective health benefits; and

**WHEREAS,** the health benefits of physical activity and exercise can do so much to improve the quality of life for everyone on campus; and

**WHEREAS,** a healthier campus population means a campus culture geared toward health and wellness, greater participation in classes and campus activities, and other benefits to the campus setting at large including all students, faculty, and staff; and

**WHEREAS,** the American College of Sports Medicine calls on health care organizations, physicians and other professionals, regardless of their specialty, to assess, advocate for, and review every patient's physical activity program during every comprehensive visit.

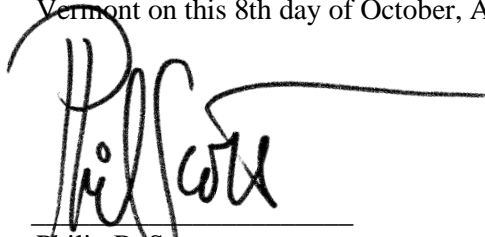
**NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim October 2021 as

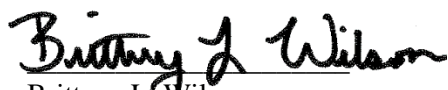
**EXERCISE IS MEDICINE ON CAMPUS MONTH**

in Vermont.



Given under my hand and the Great Seal of the State of Vermont on this 8th day of October, A.D. 2021.

  
Philip B. Scott  
Governor

  
Brittney L. Wilson  
Secretary of Civil and Military Affairs